

# Bullying for teens

**Definition:** Bullying is a continual harassing, intimidating, tormenting, browbeating, humiliating, terrorizing, oppressing and/or threatening words spoken to another person.

**Problem:** Bullying can be harmful physically, sexually, verbally, or emotionally and it is one of the most serious concerns in schools today.

## Examples of Bullying:

- Physical: Includes punching, poking, strangling, hair pulling, beating, biting, and excessive tickling.
- Verbal: Includes such acts as hurtful name calling, teasing, and gossip.
- Emotional: Rejecting, terrorizing, taking personal items or things, defaming, humiliating, blackmailing, rating/ranking of personal characteristics such as race, disability, ethnicity, or perceived orientation, manipulating friendships, isolating, and peer pressure.



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# Questions & Answers About Bullying

## Why do bullies do it?

To be popular, to look tough and in charge, or scared of being picked on, so they do it first. Perhaps they do not fit in or are bullied by family or adults at home. It could be that bullies do not like themselves, so they bully and hurt others to make themselves feel better.

## Why does it happen?

It could happen to kids who have difficulty in making friends or fitting into groups, their looks, the way they speak, walk, size, name, or are weak, shy, or frail and unable to stand up for themselves.

## Why is bullying harmful?

Bullying causes unhappiness, fear, loneliness, feelings of being different, loss of confidence, and illness.

## What can you do?

Putting up with a bully is not easy. Always remember, you are not the problem, the bully is. Stay in a group, ignore the bully, walk away, tell a friend or an adult.

## How to stop the bullying?

Tell a friend or a teacher or an adult. Practice what you want to say. Keep notes or a diary about what is happening and don't give up. If it continues, ask your parents to contact the school.

## Are you a bully?

If you are, get help, speak to a teacher or your parents and remember to treat others as you would like to be treated.

For Bullying Resources in Arizona Schools:

[http://bullystoppers.com/bullying\\_prevention\\_tools.htm](http://bullystoppers.com/bullying_prevention_tools.htm)

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